

Dear ADC Participants and Families,

We hope you are staying warm and enjoying the fall weather. We have a great month coming up, which includes Veteran's Day, so look for special programming on Monday, November 11. We hope you are able to take some time and give thanks for family throughout the month. I know I appreciate all our wonderful families in Connections and the amazing staff that makes this program so special to all.

Reminders

- **INITIALS MUST BE CLEARLY WRITTEN ON ALL CLOTHING – this includes HATS, GLOVES, COATS, ETC.**
- **Transportation/Schedule changes: please contact Kristen Conard @ 314.442.3261**

Closings

In celebration of Thanksgiving, **all programs of Adult Day at the J will be closed on both November 28 and 29.**

We wish you and your families all a wonderful Thanksgiving!

Thank you for being part of our J family!
Ashley Stockman
Director, Adult Day at the J



Support Groups

Caregiver Connections

The J, along with the Alzheimer's Association, provide two monthly support group opportunities. These groups, entitled Caregiver Connections, meet in the Adult Day at the J area in the Staenberg Family Complex – Arts & Education Building on one Monday and Friday each month.



Upcoming meetings

Monday:
11/4 & 12/2 3:00 - 4:30pm

Friday:
11/15 & 12/20 10:00 - 11:00am

Supervision is available for your loved one during Monday meetings, by reservation.

Questions/RSVP: Kristen Conard
314.442.3261 • kconard@jccstl.org



Funding

Partial funding of the Adult Day Center at the J is provided under the provisions of the 1966 Older Americans Act, Aging Ahead, Trio Foundation of Saint Louis, United Way, the Jewish Federation of St. Louis, the Karty Fund, the Veteran's Administration, the Missouri Department of Mental Health, and the State of Missouri Medicaid Program.

Additional funding for the Connections program provided by The Retirement Research Foundation, JCA Charitable Foundation, the J Associates, The Women's Auxiliary for the Jewish Aged, Aging Ahead, The Trio Foundation of St. Louis, Emerson, and the Department of Veterans Affairs.

The Music Therapy program is funded by a grant through the JCA Charitable Foundation.

Meet our staff:

Main Office. 314.442.3248



Ashley Stockman
Director
314.442.3245



Kristen Conard
Assistant
Director
314.442.3261



Cathy Connoley
Rec. Program
Coordinator
314.442.3247



Cynthia Wyatt
Activity
Assistant



Emily Jolly
Activity
Assistant



Karen Stephenson
Admin. Assist.
314.442.3248



Renee Butler
RN
314.442.3243



Jenay Sneed
CNA

Note:

- For schedule and/or transportation changes, call **314.442.3248.**
- For all medicine changes, treatments and any other pertinent medical information, contact **Renee.**



Adult Day at the J welcomes adults of all faiths. Medicaid is accepted and additional financial assistance is available to those who qualify. The program is licensed by the state of Missouri.

Connections

Socialization • Recreation • Support



A program of

Adult Day at the J
Care for your whole family

November 2019
Recreation Calendar & News

Staenberg Family Complex
Arts & Education Building
2 Millstone Campus Drive
St. Louis, MO 63146
p 314.442.3248 • f 314.872.7189

jccstl.org



November 1

November 4 - 8

November 11 - 15

November 18 -22

November 25 - 29

November 2019

s	m	t	w	t	f	s
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Daily Activities

Morning

- 8:00am Coffee Talks/Table Activities
- 9:30am Breakfast
- 10:00am Brain Boosters

12:15pm Lunch

Afternoon

- 2:30pm Bus Dismissal & Reflection/Conversation
- 3:15pm Snack
- 3:30pm Small Group & Independent Leisure

1	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Hole-in-One
F	11:30am	Bocce Ball
R	1pm	Music Therapy
I	2pm	Shabbat
	3:30pm	Friday Film: Grumpy Old Men

4	10:30am	Inter-Generational Music/ Crossword Puzzles
M	11am	Strength & Stretch Exercise Class
O	11:30am	Charades/Sensory Relax
N	1pm	Volleyball
	4pm	Checkers/Chess

5	10:30am	Inter-Generational Music/ Mural Coloring
T	11am	Exercise
U	11:30am	Football Toss/Upbeat News
E	1pm	Music Therapy
	4pm	Jenga

6	10:30am	Modern Chair Dance
	11am	Craftibility/Famous Faces
W	11:30	Super Hoop Ball
E	1pm	Garden Club/DUO Therapy Dogs
D	3:30pm	Wii Sports Tournament/ Puzzles

7	10:30am	Tai Chi
	11:15am	Adapted Sports/Texas Hold 'em
T	1pm	Bingo
H	4pm	Walking Club/America's Funniest Home Videos
U		

8	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Bullseye Match
F	11:30am	Ring Toss
R	1pm	Music Therapy
I	2pm	Shabbat
	4pm	Table Games

11		THANK YOU, VETERANS!
	10:30am	Inter-Generational Music/ Sudoku Puzzles
M	11am	Adapted Chair Dance
O	11:30am	Patriotic Penny Toss/ Card Writing
N	1pm	St. Louis Strutters
	4pm	Table Games

HAPPY VETERANS DAY

12	10:30am	Inter-Generational Music/ Jigsaw Puzzles
T	11am	Hand-In-Hand/Adapted Sports
U	1pm	Music Therapy
E	2pm	Small Group Music Therapy/ Exercise
	4pm	Yatzhee!

13	10:30am	Exercise
	11am	Garden Club/Horseshoes
W	11:30am	Sing with Cathy
E	1pm	Duo Pet Therapy
D	1:30pm	Broadway Musicals Game/ Name that Tool
	4pm	Table Games/Seed Sowing

14	10:30am	Tai Chi
	11:15am	Bowling/Creative Expressions
T	1pm	Men's Club/Ladies Club
H	4pm	Walking Club/Table Games
U		

15	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Mini Cornhole Toss
F	1pm	Music Therapy
R	2pm	Shabbat
I	4pm	Gratitude Project/Table Games

18	10:30am	Inter-Generational Music/ Mandala Coloring
M	11am	Adapted Chair Dance
O	11:30am	Group Scrabble/Adapted Sports
N	1pm	Cooking Club/Armchair Travel
	4pm	Wii Water Sports/Sorry!

19	10:30am	Inter-Generational Music/ Jigsaw Puzzles
T	11am	Exercise
U	11:30am	Ring Toss/Dominoes
E	1pm	Music Therapy
	2pm	Small Group Music Therapy/ Trivia
	4pm	Table Games/Famous Faces

20	10:30am	Exercise
	11am	Famous Faces/Garden Club
W	11:30am	Adapted Sports
E	1pm	Creative Expressions/DUO Therapy Dogs
D	4pm	Dice Games

21	10:30am	Tai Chi
	11:15am	Gratitude Project/Adapted Sports
T	1pm	Live Music by Anita Marie
H	4pm	Carol Burnett Show
U		

22	10:30am	Chair Yoga
	11am	Jewish-Focused Music Therapy/Adapted Sports
F	1pm	Music Therapy
R	4pm	Table Games/Garden Care
I		

25	10:30am	Inter-Generational Music/ Crossword Puzzles
M	11am	Adapted Chair Dance
O	11:30am	Price Match Game
N	12pm	Thanksgiving Family Feast
	1pm	Bingo
	4pm	Table Games

HAPPY BIRTHDAY TONI W.

26	10:30am	Inter-Generational Music/ Watercolors
T	11am	Exercise
U	11:30am	Garden Club/Adapted Sports
E	1pm	Music Therapy
	2pm	Small Group Music Therapy/ Trivia
	4pm	Table Games

27	10:30am	Exercise
	11am	Cooking Club/Adapted Sports
W	11:30am	Name That Tune
E	1pm	DUO Therapy Dogs
D	1:30pm	Bingo
	4pm	Group Scrabble

28 CLOSED



29 CLOSED

F		
R		
I		